

Cooking book of some daily simple dinner food dish combinations

By

Herman Fridsma ND

Author:

Herman Fridsma

Cooking:

Herman Fridsma

Pictures, layout & copyrights:

Herman Fridsma

Contact:

dr.herman.fridsma@gmail.com

Netherlands, 2014

Table of content	page
Foreword	3
Food dishes for food processing	4
Potato salad ala Herman Fridsma	4
Endive potato dish with normal meatball	16
Nasi goreng simple ala Herman Fridsma	22
Green beans with rice and sateh	30
Red cabbage with potatoes and pork meat	38
Bami goreng simple dish ala Herman Fridsma	43
Peas with carrots and potatoes and pork meat	54
Rice with chicken soup and fried fish	66
Macaroni dish ala Herman Fridsma	71
Cauliflower, paprika, potato dish with pork meat	80
Fried pork meat with chips and croquette	89
Potato croquette ala Herman Fridsma	91
Endive mixed with leek and potato meatball dish ala Herman Fridsma	92
Rice with goulash soup	102
Endive with potato dish and special meatball	105
Bami goreng special ala Herman Fridsma	114
Cauliflower potato simple dish with pork meat	125
Beets with potatoes and pork meat	131
Nasi goreng extended ala Herman Fridsma	138
Fried potato with green beans	157
Nasi rice dish with sweet salt peanut butter sauce ala Herman Fridsma	162
Sweet salt peanut butter ala Herman Fridsma procedures	169
Bami special sweet salt peanut butter taste ala Herman Fridsma	172
Endive with potato and chicken	178
Conclusion, Summary, Discussion	184
About author and Contact	185
Abstract and Basic health recommandation	186

Foreword:

Food and food consumption are important facts for every living human being in order to stay alive and in order to conduct activities and to remain healthy as long as possible by a balanced consumption of proteins, carbohydrates, fats and water. Since dawn of humanity mankind is busy with food and food processing activities in order to feed oneself (*ceteris paribus*).

This visual oriented book is written for individuals with an open eye and a personal interest for daily common dinner related food dishes and its processing. It is important to keep in mind the hygiene precautions related to self-hygiene and hygiene of the food preparation room (kitchen) and the tools one will use in relation to food preparation (think of knives, oven, magnetron and so on) and the tools one will use at moment of actual food consumption (think of knives, plates, forks, spoons and so on). It is also important to process fresh quality produced foods and to wash foods like vegetables and fruits before further processing of the foods. In order to kill germs on foods it's important to boil or cook certain food items (think of meat and so on). Hygiene next to washed, boiled or cooked foods and the usage of fresh quality foods in a clean environment while also handling personal hygiene procedures will all together limit the chance of food poisoning by infection because of well-handled food processing procedures. The served prepared food items and the consumption of food in a clean environment is also part of prevention of infection by food consumption. Personal hygiene of those who consume prepared foods is a must. Example: An individual goes to the toilet and then takes fried chips and a fried chicken leg with bare hands without having washed his or her hands makes that one can get infected by bacteria while consuming foods (in this case fried chips and a fried chicken leg) one plays Russian roulette related to food poisoning because of the increased risk of contamination because of having not taken care of personal hygiene by washing hands after going to the toilet. Health is precious so don't take risks by playing with your health. Remember that food and food consumption is part of life.

The book limits itself to dinner related food processing only so keep in mind the importance of fruits, fruit juices, water or other drinks to accommodate balanced food consumption at level of dinners. Do not eat more as needed and use only low fat meats or low fat food items when needed and be modest with meat consumption. Use only fresh foods in a clean environment while taking care of your personal health and so on. The simple food dishes are only giving a guideline related to the processed food dishes so feel free to experiment yourself and to state your own quantities of used food items based on your own personal taste and desire. Don't use too much salt in cases where salt is ordered. This book is no special diet book and is focused on people with an average health condition. The book related and food dish subject focused visual pictures are accommodated with text phrases so the limited text in combination with the pictures make that one can easily complete a task of food dish preparation. Keep in mind that when food plates are served that one must take care for healthy drinks like water or fruit juices so one can combine eating and drinking tasks to satisfy hunger and thirst sensations. Enjoy your dinner meals and have fun being creative at level of food preparation while processing your foods. In short: "Have fun cooking...."

Herman Fridsma ND, naturopathic doctor.

Food dishes for food processing:

Potato salad ala Herman Fridsma:

Cold dish:

Potatoes

Eggs

Lettuce

Tomatoes

Apple sauce or small cut skinned apples

Curry powder

Paprika powder

Mayonnaise (low fat)

Salt



Wash and cut the lettuce and tomatoes into small pieces.



Put curry powder on top of the cut lettuce and tomatoes.



Mix the curry powder with the cut lettuce and tomatoes.



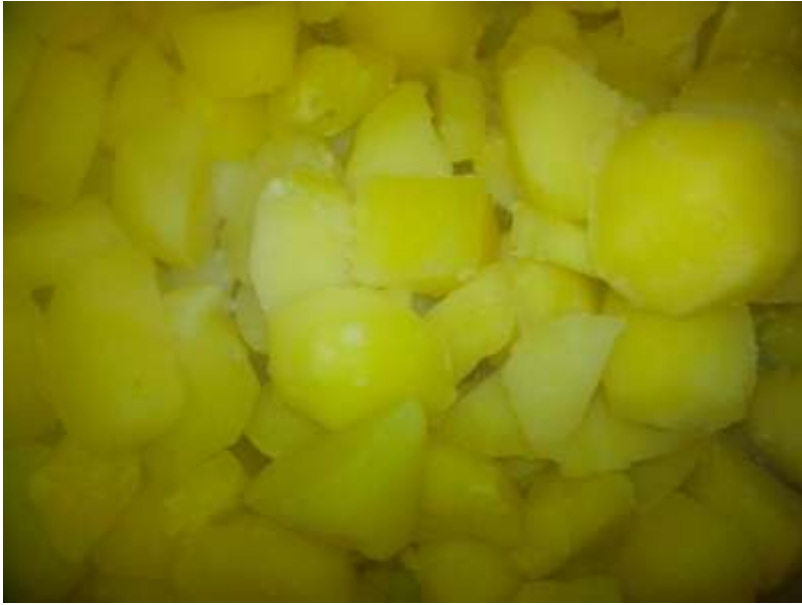
Boil hard eggs and cut them (after skinning the eggs) into small pieces.



Put cut hard boiled eggs on top of the salad mix.



Mix the cut egg parts through the salad.



Boil skinned and cut potatoes with some salt.



Mash the boiled potatoes and let it cool.



Mix the cooled potato mash through the salad mix.



Put apple sauce or cut small pieces of skinned sweet apple at the potato salad mix.



Mix the apple sauce/cut small pieces of skinned sweet apple through the potato salad mix.



Cut small pieces of pickles.



Put the cut small pieces of pickles at the potato salad mix.



Mix the pickles pieces through the potato salad mix.



Put mayonnaise (low fat) on top of the potato salad mix.



Mix the low fat mayonnaise through the potato salad mix.



Put curry powder on top of the salad mix (don't mix it).



Put paprika powder on the potato salad mix (don't mix it).

Put the salad mix in the refrigerator to cool it for some hours.

Serve the potato salad ala Herman Fridsma dish into small portions.

Bon appetite.

Endive potato dish with normal meatball:

Warm dish:

Endive

Potatoes

Pepper

Salt

Meatball meat

Sunflower or olive oil



Wash and cut endive into small pieces and then boil it into water with some salt.



Unfreeze meatball meat (magnetron) add salt on the meatball meat.



Add pepper on the meatball meat than mix all and make meatballs.



Skin and cut potatoes into small pieces and then boil it in water with some salt.



Fry the meatballs into sunflower oil or olive oil.



Flip the meatballs so all parts will be fried.



Mash the boiled potatoes.



Mix the mashed potatoes with the boiled endive and add some salt and pepper to it and some meatball use while mixing all.



Add the meatballs to the endive dish.

Serve the endive meatball potato dish on plates.

Bon appetite.

Nasi goreng simple ala Herman Fridsma:

Rice dish:

Rice

Onions

Curry powder

Pork meat (low fat)

Eggs

Salt

Silver onion fried in curry powder

Sweet sauce with vegetables (recipe included, see below)

Olive oil or sunflower oil



Fry skinned and small cut onions into olive oil or sunflower oil.



Fry eggs into olive or sunflower oil.



Boil rice into water with some salt.



Cut part of the fried eggs into small pieces.



Fry small cut pork meat prepared with pepper and salt and mix it with the earlier fried cut onions when ready.



Mix cut egg parts with rice.



Mix the rice with the fried onions and pork parts.



Rice after mixing of the ingredients and after adding some curry powder and then again mixing it all.



Fry silver onions in olive or sunflower oil with curry powder and place it on the nasi goreng dish together with sweet sauce mixed with some vegetables. Add a piece of fried egg on top of the nasi goreng.

(Sweet sauce can be created by warming tomato sauce with some sugar and mixed with a small mix amount of boiled small pieces of carrot green beans, onion and leek).

Serve the nasi goreng dish.

Bon appetite.

Green beans with rice and sateh:

Rice dish with sateh (sateh recipe and sateh sauce recipe see below):

Rice

Green beans

Pork meat (low fat)

Eggs

Sweet sauce with vegetables (recipe included see below)

Salt

Curry powder

Pepper

Peanut butter

Sunflower oil or olive oil



Wash and cut off top and bottom of green beans than cut the green beans small and boil it in water with some salt.



Boil rice in water with some salt.



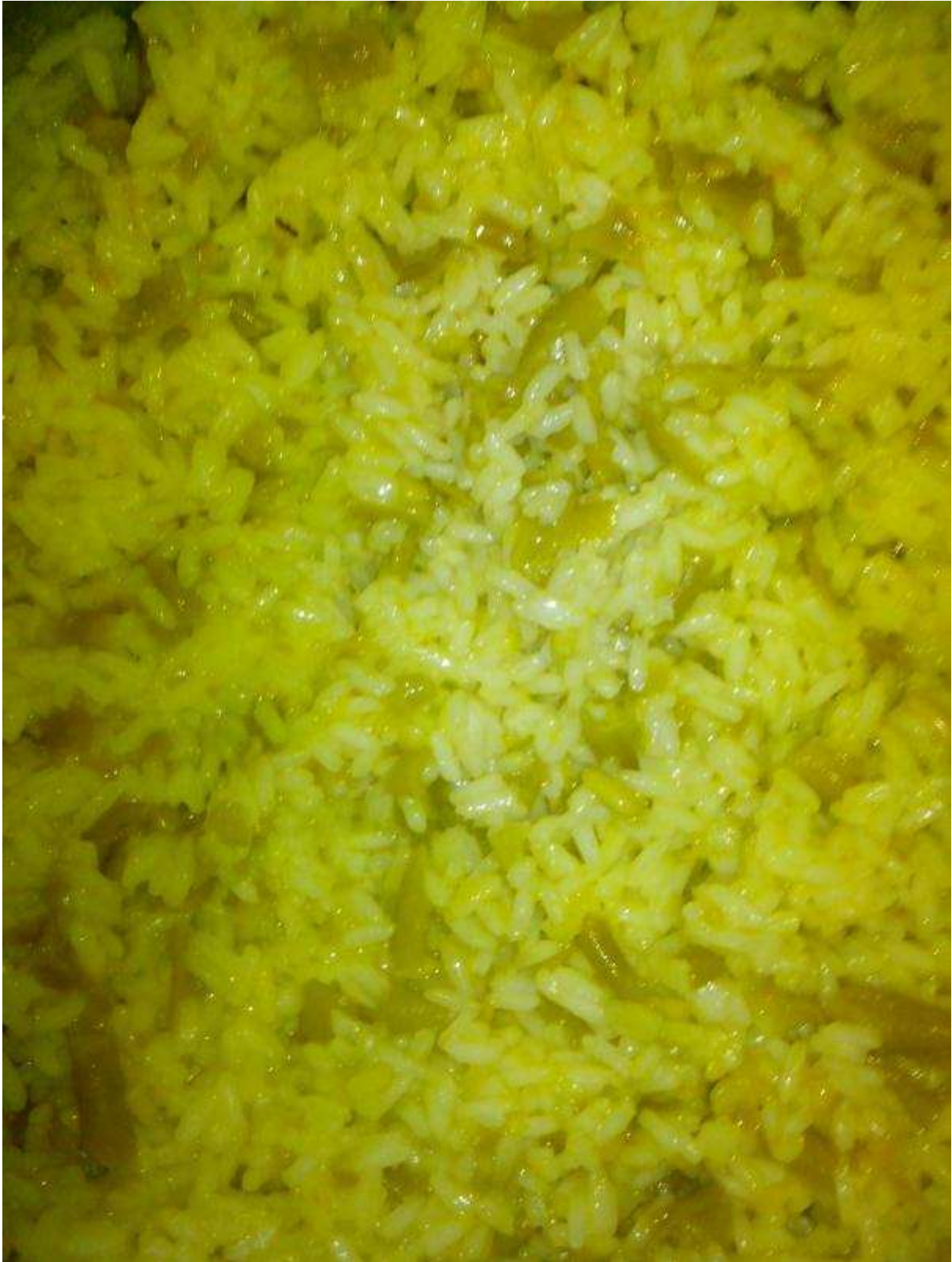
Put the boiled beans on top of the boiled rice.



Fry some eggs in olive oil or sunflower oil.



Cut pork meat in small pieces and prepare it with salt and pepper and then fry it in olive oil or sunflower oil.



Mix the green beans with the rice and mix it also with curry powder.



Cut bigger pork meat parts and prepare it with pepper and salt and then fry it in olive oil or sunflower oil. (This pork meat is for sateh).



Add the fried pork meat small part which is not for sateh on top of the rice mix.



Mix the pork meat through the rice.



Place half fried egg on top of the rice mix while the other half is cut into pieces and mixed through the rice mix.



Add some sweet sauce mixed with vegetables on top of the rice mix and fried egg part.

(Sweet sauce can be created by warming tomato sauce with some sugar and mixed with a small mix amount of boiled small pieces of carrot green beans, onion and leek).



Satheh and sateh sauce ala Herman Fridsma:

Place the bigger fried pork parts on wooden sticks. Make a peanut butter sateh sauce of peanut butter with a little sunflower oil, sugar and some salt, fry all and let it cool and become solid thick. Place the sateh sticks into the peanut butter sateh sauce drench it and add some of the sateh sauce on the rice mix.

Serve the green bean rice mix dish with the fried egg, sweet sauce with vegetables, satheh and sateh sauce.

Bon appetite.

Red cabbage with potatoes and pork meat:

Warm dish:

Potatoes

Red cabbage

Pork meat (low fat)

Sweet apple

Pepper

Salt

Sunflower oil or olive oil



Cut pork meat into small pieces and prepare it with salt and pepper and then fry it in olive oil or sunflower oil.



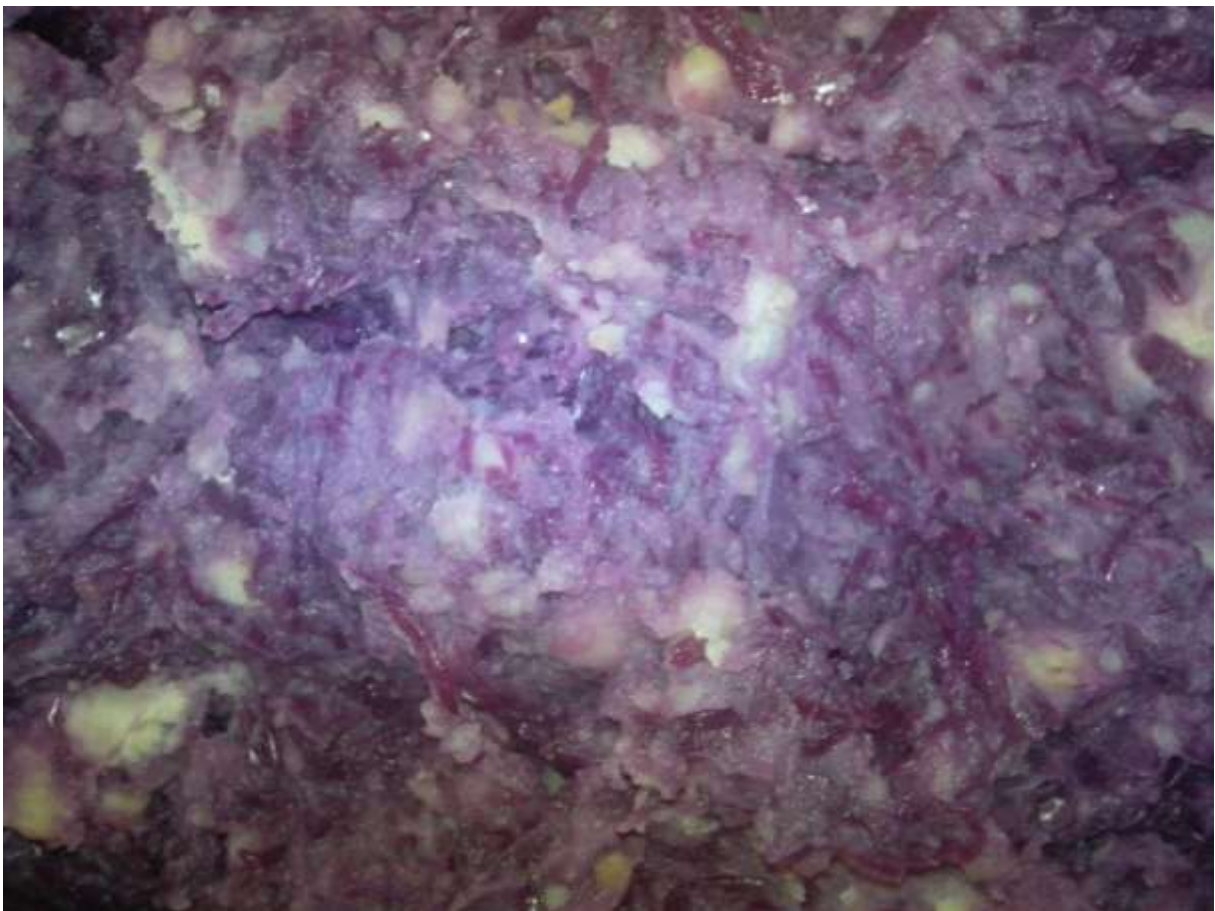
Skin and cut potatoes into small pieces and boil it into water with some salt.



Mash the boiled potatoes.



Wash and cut red cabbage and then cut it into small pieces together with some pieces of cut and skinned apple, then boil it in water with some salt and put it on the mashed potatoes.



Mix the red cabbage/apple mix with the mashed potatoes and mix it with some of the pork meat juice.



Place the pieces of pork meat on top of the red cabbage mix.



Mix the pork meat pieces with the red cabbage mix.

Serve the red cabbage dish on plates.

Bon appetite.

Bami goreng simple dish ala Herman Fridsma:

Bami goreng dish:

Spaghetti

Salt

Pepper

Sweet sauce with vegetables (recipe included, see below)

Eggs

Pork meat (low fat)

Curry powder



Cut spaghetti into small pieces.



Cut onions into small pieces.



Cut ham into small pieces.



Place content of eggs into a frying cooking pan with some olive or sunflower oil.



Scramble a little the content of the egg in the cooking pan and add some salt and pepper.



Fry the eggs.



Cook the broken spaghetti in water with some salt.



Add the ham parts and curry powder on top of the bami mix.



Mix the ham parts and curry powder with the bami mix.



Cut half of the fried egg and place the cut fried egg parts on top of the bami mix.



Mix the egg parts with the bami mix.



Fry the cut onion parts in sunflower or olive oil.



Place the fried onion parts on top of the bami mix.



Mix the fried onion parts through the bami mix.



Place half of the fried egg on top of the bami mix and add sweet sauce with vegetables on top of it.

(Sweet sauce can be created by warming tomato sauce with some sugar and mixed with a small mix amount of boiled small pieces of carrot green beans, onion and leek).

Serve the bami goreng dish.

Bon appetite.

Peas with carrots and potatoes and pork meat:

Warm dish:

Peas

Carrots

Potatoes

Onions

Red paprika

Pork meat (low fat)

Pepper

Salt

Olive oil or sunflower oil



Skin and cut potatoes into small parts.



Skin and cut onions into small parts.



Cut pork meat prepare it with curry powder, salt and pepper and paprika parts then place it near the onion parts on a plate.



Mix the onion parts with the pork meat parts.



Add curry powder to the onion and pork part mix.



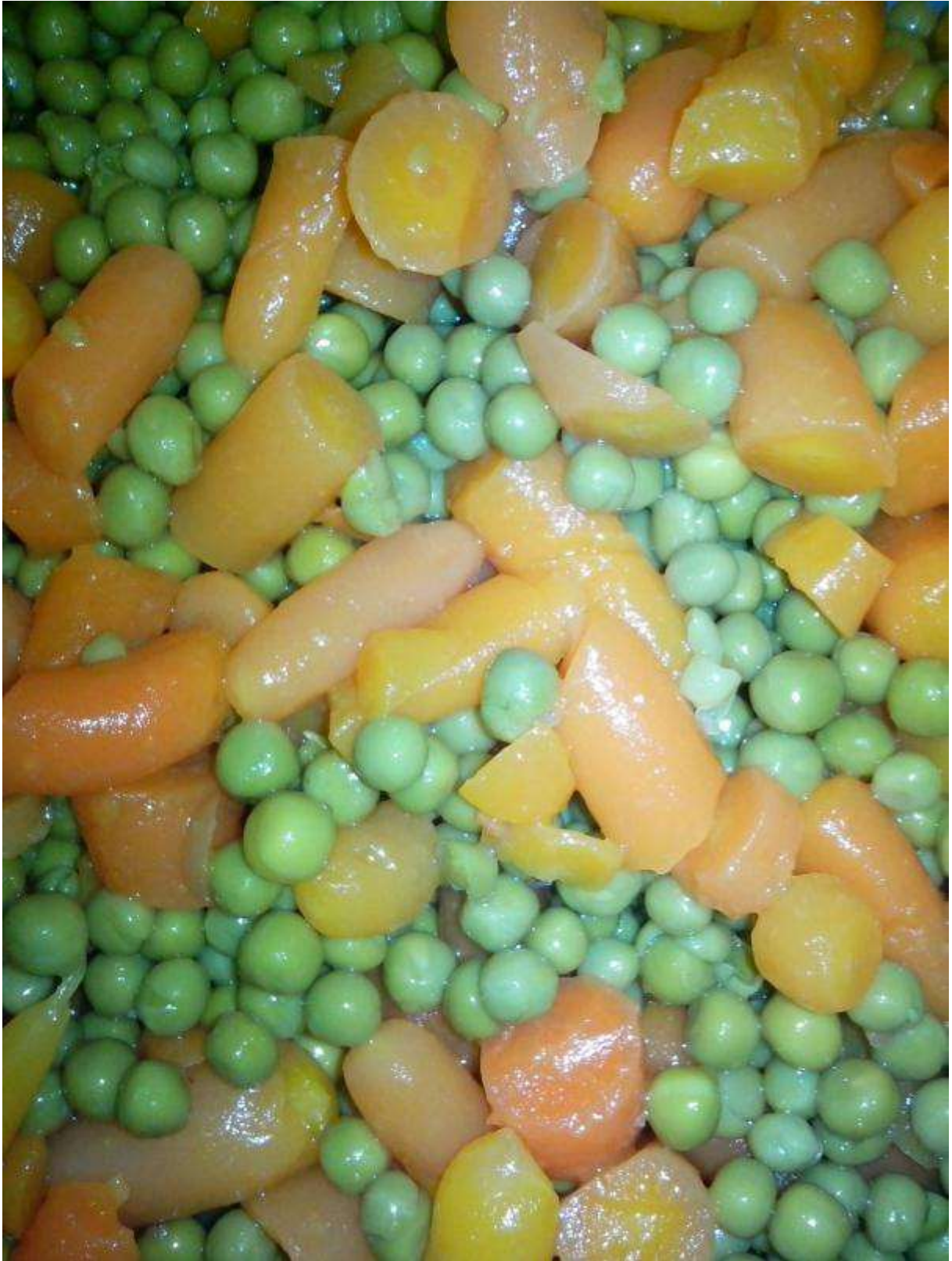
Mix the curry powder with the pork and onion parts.



Place the onion and pork parts in olive or sunflower oil.



Boil peas and carrots.



Cut the carrots into small pieces.



Fry the onion and pork meat parts.



Boil the potatoes in water with some salt.



Mash the potatoes.



Place the prepared peas and carrots on top of the mashed potatoes.



Mix the peas and carrot pieces with the mashed potatoes.



Put the fried onions and pork meat parts on top of the peas and carrot and potato mix.



Mix the onion and pork parts with the peas and carrots and potato mix and add some pork meat juice on it and mix it all.

Serve the peas, carrots and potato pork dish.

Bon appetite.

Rice with chicken soup and fried fish:

Rice dish:

Fish filet

Chicken

Carrots

Onion

Peas

Vermicelli

Water

Curry powder

Rice

Salt and pepper

Herbs

Olive oil or sunflower oil



Fry the fish filet into olive oil or sunflower oil.



Cut skinned onions into small pieces.



Fry the cut onions into olive oil or sunflower oil.



Place cut carrot pieces, vermicelli, peas, chicken meat parts, curry powder, some salt and herbs and onion parts into water and then boil it and let it cool.



Boil rice into water with salt and when ready and cooled then add the chicken soup to it and mix it.



Add the fried onion parts on top of the rice with chicken soup.



Mix the fried onion parts with the rice with chicken soup.



fry some mirror eggs with a little salt and pepper added to the eggs.



Place the fried mirror eggs at a plate with the fried fish filet.

Serve the chicken soup with rice and the plate with fried mirror eggs and fried fish.

Bon appetite.

Macaroni dish ala Herman Fridsma:

Macaroni dish (pasta):

Macaroni

Salt

Pepper (black)

Curry powder

Onions

Olive oil or sunflower oil

Eggs

Ham



Skin and cut some onions into small pieces.



Cut ham into small pieces.



Place the cut onions into a cooking pan with olive oil or sunflower oil and add curry powder on top of the cut onions.



Mix the curry powder with the onions while frying the onion parts.



Place the ham parts next to the fried onion parts.



Mix the ham parts with the fried onion parts.



Boil two eggs (hard boiled).



Skin the hard boiled eggs and then add some salt and black pepper on the eggs.



Boil the macaroni in water with some salt.



Place the mix of fried onion and ham on top of the macaroni.



Mix the onion and ham parts with the macaroni and add some curry powder and mix it again.



Place the hard boiled eggs on top of the macaroni dish.

Serve the macaroni dish.

Bon appetite.

Cauliflower, paprika, potato dish with pork meat:

Warm dish:

Cauliflower

Potatoes

Pork meat (low fat)

Paprika

Salt

Pepper

Olive oil or sunflower oil

Curry powder



Skin and cut potatoes into smaller parts.



Wash cauliflower and then cut it into small pieces.



Put the cut potato parts into water with some salt and curry powder.



Cut pork meat into small parts and prepare it with red paprika parts, salt and pepper and put curry powder on top of it.



Fry the prepared pork meat parts in olive or sunflower oil.



Boil the potatoes in the water with some salt and curry powder.



Let the fried pork meat pieces cool a little.



Mash the potatoes.



Add the fried pork meat parts to the mashed potatoes together with some pork meat juice (oil used during the frying process).



Mix the pork juice and pork parts with the mashed potatoes and add a little pork juice on top of it when ready.



Mix all together.



Add cauliflower to the potato mix on top of it.



Mix the cauliflower with the potato mix.

Serve the cauliflower potato pork dish on a plate.

Bon appetite.

Fried pork meat with fried potato slices and croquette:

Fastfood dish (unhealthy):

potatoes

Mayonnaise (low fat)

Salt

Pepper

Pork meat (low fat)

Red paprika

Olive oil or sunflower oil

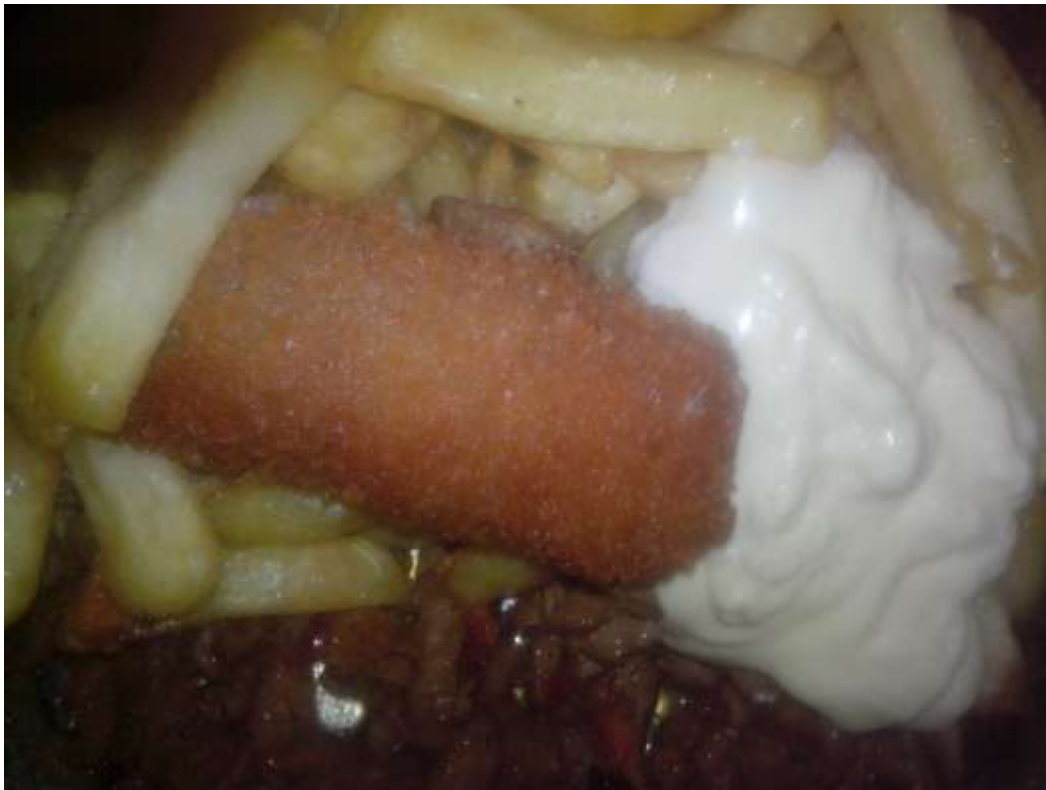
Frozen croquette (recipe of selfmade croquette is included)



Cut pork meat into small pieces and prepare it with paprika parts, salt, pepper and fry it in sunflower or olive oil.



Fry a frozen croquette and place it at the fried pork meat part mix.



Fry skinned and long cut potato slices in olive oil or sunflower oil then put some salt on the fried potato pieces and put it on the plate with the fried croquette and fried pork mix, add some low fat mayonnaise.

Note of importance:

This is no health food so be careful not eating dishes like this often!

Serve the fried potato slices with croquette and fried pork pieces on a plate.

Bon appetite.

Recipe selfmade potato pancake croquette ala Herman Fridsma:

Skin and cut potatoes and boil it. Mash the boiled potatoes and let it cool. Make small pancakes of the mashed potatoes. Fry meatball meat and scramble it while frying. Let the fried meatball meat cool. Cut the top and bottom of washed green beans then boil it and cut it into mini parts and let it cool. Take some fried scrambled meatball parts and some boiled green bean parts and place it in the potato pancake and roll it so the content of the meatball and green beans is enclosed in the potato pancake which is now a pancake stick like croquette (be sure that the potato skin is thick enough and roll the pancake croquette in a little olive oil or sunflower oil. Toast some brown bread and crumble it till dust parts. Roll the potato pancake croquette through the crumbles. Now fry the potato croquette easy in olive oil or sunflower oil till you have a nice fried croquette.

Bon appetite.

Endive mixed with leek and potato meatball dish ala Herman Fridsma:

Warm dish:

Potatoes

Leek

Endive

Meatball meat

Salt

Pepper

Olive oil or sunflower oil



Wash the leek carefully.



Cut the leek into small pieces.



Wash the cut leek pieces.



Wash the endive.



Cut the endive into pieces.



Skin and cut potatoes into small parts.



Unfreeze meatball meat (magnetron).



Add salt, pepper and some curry powder to the meatball meat.



Mix all salt, pepper and curry powder and make meatballs.



Fry the prepared meatballs and flip them frequently so all gets fried well.



Boil the endive mixed with leek in water with some salt.



Be sure the meatballs get fried well.



Boil the potatoes into water with some salt.



Mash the boiled potatoes.



Place the endive leek mix on top of the mashed potatoes.



Mix the endive leek mix with the mashed potatoes.



Place the meatball with meatball juice on top of the endive-leek potato dish.



Serve the endive-leek potato dish with meatball on a plate.

Bon appetite.

Rice with goulash soup:

Rice dish:

Rice

Egg

Beef

Onion

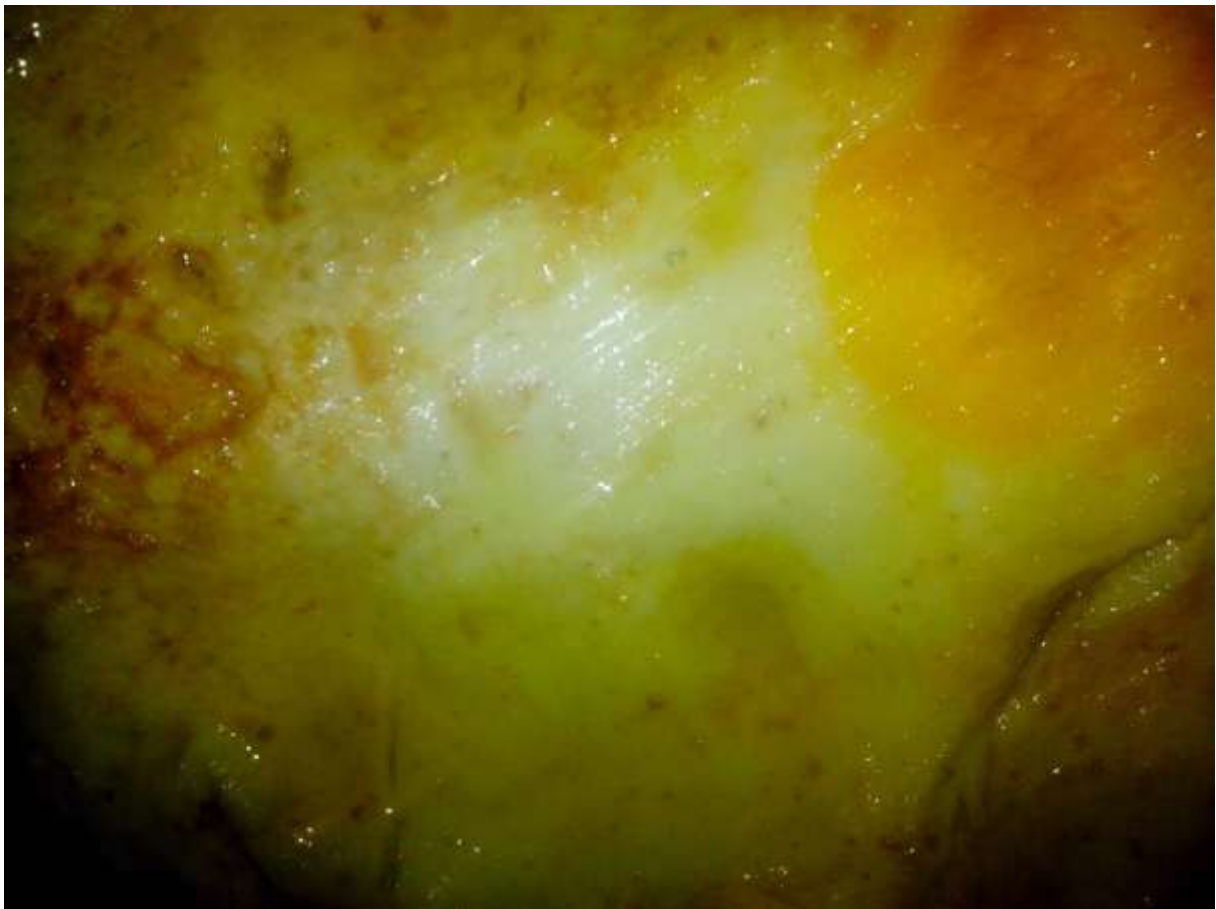
Potato

Tomato sauce

Salt and pepper

Macaroni

Olive oil or sunflower oil



Fry mirror eggs in olive oil or sunflower oil and add some salt and pepper on the eggs.



Boil rice into water and some salt.



Fry small cut beef parts and put it into water add some tomato sauce, beef juice, salt, potato pieces, vermicelli, paprika pieces and onion pieces and boil it all and let it cool off.



Mix the goulash soup with the boiled rice.



Add fried mirror eggs on top of the rice mixed with goulash soup.

Serve the rice with goulash soup on a plate.

Bon appetite.

Endive with potato dish and special meatball.

Warm dish:

Potatoes

Endive

Meatball meat

Onions

Salt

Pepper

Curry powder

Olive oil or sunflower oil



Add salt, pepper and curry powder to the meatball meat.



Skin and cut onions into small pieces.



Add the cut onions to the meatball meat.



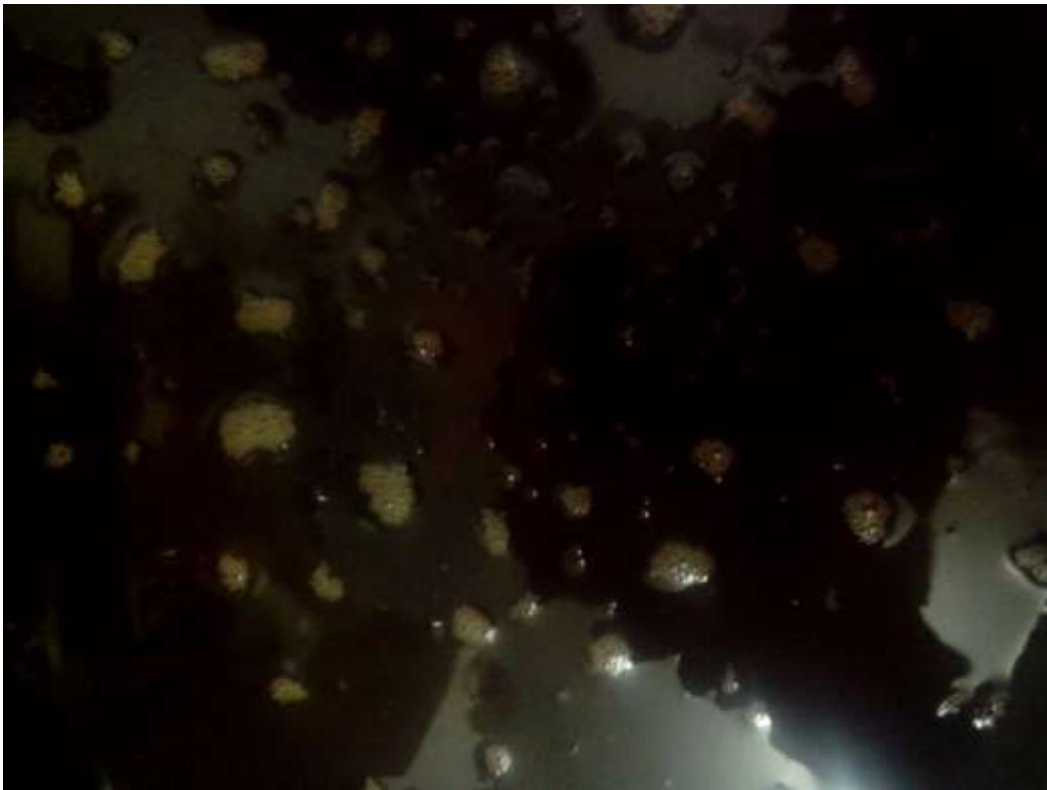
Make meatballs while mixing the onions, salt, pepper and curry powder through it and some sunflower or olive oil.



Notice how the onions are spread inside and on the service of the meatball.



Meatball after being fried in olive oil or sunflower oil.



Meatball juice after frying process, the spin off onion pieces can be added to the dish.



Washed and in small pieces cut and then boiled endive.



Boiled skinned and cut potatoes.



Mashed boiled potatoes.



Endive at top of mashed potatoes.



Mixed endive with mashed potatoes.



Meatball juice on top of the endive potato dish.



Endive dish mixed with meatball juice.



Place the special meatball on top of the endive potato dish after mixing it with fried spin off onions.

Serve the endive potato dish with special meatball when placed on a plate.

Bon appetite.

Bami goreng special ala Herman Fridsma:

Bami goreng dish:

Eggs

Pork meat (low fat)

Spaghetti

Salt

Curry powder

Pepper

Olive oil or sunflower oil



Breaking spaghetti into small parts.



Skinning and cutting onions into small pieces.



Stage 1 creating mirror eggs.



In olive oil or sunflower oil fried onion pieces.



In olive oil or sunflower oil fried mirror eggs with some salt and pepper on the eggs.



Hard boiled eggs.



Cut pork meat prepared with pepper and salt while in olive oil or sunflower ready to get fried.



In sunflower oil or olive oil fried hard boiled eggs after being prepared with curry powder, salt and pepper.



In water with some salt boiled bami.



Fried onions added on top of the bami ready to get mixed together.



Fried pork pieces.



Pork meat pieces on top of the bami mix.



Bami mixed with fried pork pieces.



Curry powder added on top of the bami mix.



Bami mix after mixing with the curry powder.



Add mirror egg and a fried hard boiled egg on top of the bami goreng dish.

Place the bami goreng dish on a plate to serve it.

Bon appetite.

Cauliflower potato simple dish with pork meat:

Warm dish:

Cauliflower

Potatoes

Pork meat (low fat)

Salt

Pepper

Curry powder

Sunflower oil or olive oil



Washed small pieces cut cauliflower.



In water with some salt put cauliflower parts.



Boiled cauliflower pieces.



Cut pork meat pieces ready to be prepared with salt and pepper.



Skinned and cut potatoes before washing and boiling.



In sunflower oil or olive oil fried pork pieces and pork meat juice.



Mashed in water and salt boiled potatoes.



Boiled cauliflower with pork juice on top of mashed potatoes.



Cauliflower potato dish mixed with pork juice and fried pork pieces.

Serve the prepared cauliflower dish on a plate.

Bon appetite.

Beets with potatoes and pork meat:

Warm dish:

Beets

Potatoes

Pork meat (low fat)

Salt

Pepper

Sunflower oil or olive oil



Skinned and cut Potato parts in water with some salt and a little curry powder.



Cut pork meat parts with salt and pepper in olive oil or sunflower oil.



Mashed boiled potatoes.



Washed, cut and in water with some salt boiled beets on top of mashed potatoes.



Beets mixed with mashed potatoes.



Fried pork meat pieces and pork juice on top of the beets potato mix.



Mixed beets with potatoes mixed with pork meat pieces with juice.

Serve the beets potato pork meat dish on plates.

Bon appetite.

Nasi goreng extended ala Herman Fridsma:

Rice dish:

Onions

Potatoes

Rice

Pork meat (low fat)

Eggs

Pepper (black)

Curry powder

Salt

Olive oil or sunflower oil

Peanut butter

Sugar



Skinned and in small pieces cut onions.



In olive oil or sunflower oil cut and with salt and pepper prepared fried pork meat parts.



In olive oil or sunflower oil fried mirror eggs with black pepper and salt on it.



In olive oil or sunflower oil fried onion parts.



Fried pork meat pieces.



Skinned and in very small parts cut potatoes.



In olive oil or sunflower oil fried onion parts.



In olive oil or sunflower oil frying process of mini potato pieces.



In water and some salt boiled rice.



Fried potato pieces.



Fried onion parts on top of rice ready to get mixed with the rice.



Rice mixed with the onion parts.



Rice with fried potato parts on top of the rice which must be mixed with the rice.



Rice mix with fried pork pieces on top of it.



Nasi goreng rice mix after the mix with the pork meat pieces.



Hard boiled eggs prepared with curry powder, black pepper and salt.



Prepared hard boiled eggs during its frying process in olive oil or sunflower oil, don't forget to move the eggs frequently.



Silver onions with curry powder fried in olive oil or sunflower oil.



Fried hard boiled eggs.



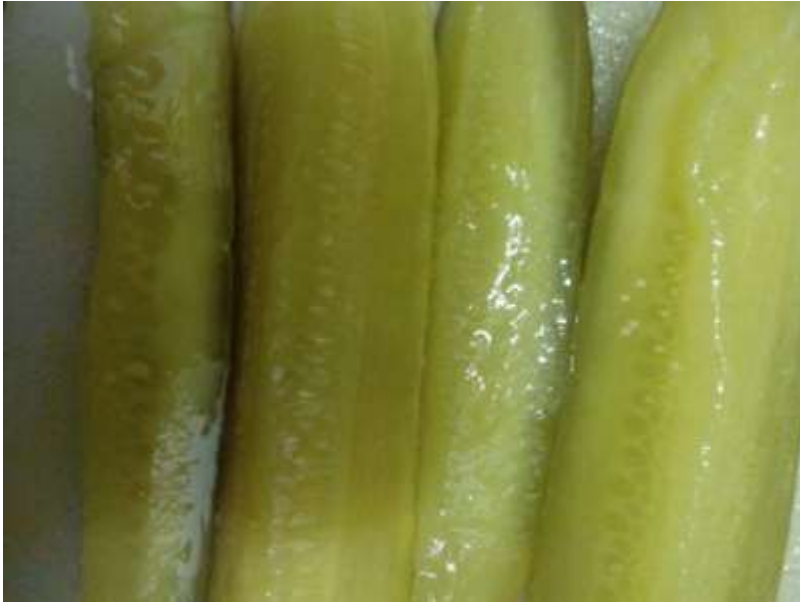
Cut fried silver onions.



Cut fried silver onions on top of the rice mix ready to get mixed with the nasi goreng.



Nasi goreng after the mix with the fried silver onion pieces.



Sliced large pickles.



Further cut into small pieces of the sliced pickles.



Small part cut pickles on top of the rice mix ready to get mixed with the nasi goreng.



Nasi goreng after the mix with the pickles parts.



Nasi goreng with the fried mirror egg and fried hard boiled egg on top of the nasi goreng.



Sateh: Fry some cut pork meat parts and place the fried pork parts on wooden sticks. Make a peanut butter based sateh sauce of peanut butter with a little sunflower oil, sugar and some salt, fry all and let it cool and become solid thick. Place the sateh sticks into the peanut butter sateh sauce drench it and place the sateh sticks on top of the nasi goreng dish.

Serve the completed nasi goreng extended dish ala Herman Fridsma on a plate.

Bon appetite.

Fried potato with green beans:

Vegetarian food dish:

Potatoes

Mayonnaise (low fat)

Green beans

Olive oil or sunflower oil

Salt



Skin and cut potatoes into large slices and fry it into olive or sunflower oil.



Wash and cut off the top and bottom of the green beans and then boil it into water with some salt.



In olive oil or sunflower oil fried potato slices which are lightly salted after being fried.



Green beans next to the fried potato slices.



Low fat mayonnaise added to the green beans and fried potato slices.



Serve the plate with the fried potato slices with green beans and low fat mayonnaise.

Special note:

Always use low fat mayonnaise and don't take too much mayonnaise.

Bon appetite.

Nasi rice dish with sweet salt peanut butter sauce ala Herman Fridsma:

Rice dish:

Rice

Potatoes

Onions

Silver onions

Pork meat (low fat)

Peanut butter

Sugar

Salt

Pepper

Olive oil or sunflower oil



Skinned and in small pieces cut potato which is fried in olive oil or sunflower oil.



Into olive oil or sunflower oil fried cut pork pieces (pork meat was first prepared with salt and pepper).



Into olive oil or sunflower oil fried skinned and small cut onion pieces.



Cut silver onion pieces.



Fried potato pieces, fried pork pieces, fried onion pieces and cut silver onion pieces in a big cooking pan.



In sunflower oil or olive oil fried eggs with some salt and pepper added to the eggs.



Curry powder added to the fried pork, onion, potato pieces and silver onion pieces.



Mix of curry powder with prepared pork, onion, silver onion and potato pieces.



In water with some salt boiled rice.



Mix of prepared potato, pork, onion and silver onion mix on top of the rice.



Nasi mixed with the prepared pork, onion, potato and silver onion mix.



Half of fried eggs added on top of the mixed nasi rice dish. (The other half fried egg must be cut into pieces and mixed through the rice nasi mix before adding the half egg on top of the nasi mix).

Sweet salt peanut butter ala Herman Fridsma procedures:



Big amount of peanut butter with salt in a cooking pan.



Some sunflower oil or olive oil added to the peanut butter preparation and then melted while mixed.



Let the peanut butter cool and then add sugar to the substance.



Melt the sugar while continuing mixing.

Special Note related to sweet salt peanut butter sauce ala Herman Fridsma: This peanut butter sauce for the rice nasi mix must remain more liquid after cooling so when needed add some extra sunflower or olive oil (only in case of need of a more solid peanut butter sauce one must add more peanut butter during the melting process so after cooling it is more solid so one can use it for sateh and so on). The amount of used salt and sugar makes the sauce more or less sweet or salted and influences the peanut taste!



Let the sweet salt peanut butter sauce cool.



Add the sweet salt peanut butter sauce on top of the nasi rice dish and serve it on a plate.

Bon appetite.

Bami special sweet salt peanut butter taste ala Herman Fridsma:

Bami dish:

Spaghetti

Salt

Pepper

Eggs

Onions

Pork meat (low fat)

Peanut butter

Sugar



Cut and salt pork meat and then fry it in olive oil or sunflower oil.



Fry eggs into sunflower oil or olive oil.



Fry skinned and small cut onion pieces into olive oil or sunflower oil.



Break spaghetti into small pieces, boil it into water with salt, remove the bami and mix the bami with the fried onion parts and curry powder and small cut half fried egg, than place the fried pork pieces on top of the bami.



Mix the fried pork pieces through the bami mix.



Make a peanut butter sateh sauce of peanut butter with some sunflower oil, sugar and some salt, fry all and let it cool so it thickens (add when needed some more olive oil while mixing because this sauce has to remain more liquid).



Add the sweet salt peanut butter sauce on top of the bami mix.



Mix the sweet salt peanut butter sauce through the bami mix.



Place the half cut fried egg on top of the bami mix.



Add some slices of pickle on top of the bami mix to complete the bami dish.

Serve the bami special sauce taste dish on a plate.

Bon appetite.

Endive with potato and chicken:

Warm dish

Chicken parts

Potatoes

Endive

Salt

Pepper

Olive oil or sunflower oil



Skin and cut potatoes.



Place chicken herbs and salt, pepper and curry powder at the chicken parts and then fry the chicken parts in olive oil or sunflower oil while rolling them frequently.



Wash the endive.



Cut the endive into small pieces and then boil the cut endive in water with some salt.



Boil the cut potatoes in water with some salt and when ready then mash the potatoes.



Mix the mashed potatoes with the boiled endive.



Add some of the chicken parts on top of the endive potato dish and serve it on a plate.

Bon appetite.

Conclusion:

Working with food items and processing of foods is important to feed the human need to ease hunger and thirst sensations by means of satisfying of the basic human need of food consumption in order to accommodate life and health within the capability and capacity of the individual to do so. Preparing of sound dinner food dish combinations is a serious business which also affects life and health and the level of daily energy based on the status of the constitution of the individual and his or her metabolism and the physical need of foods to accommodate biochemical processes needed to remain functional. Food processing and food consumption are both a must for every living individual. Cooking of dinner related foods is part of food preparation to accommodate life and to satisfy personal hunger sensations. Food consumption stimulates physiological biochemical processes at level of body and mind of an individual which is needed to accommodate life and health based on a well-functioning physical constitution. Cooking is a process of creative food preparation and having fun to do so under normal circumstances (Fridsma, 2014).

Summary:

Fridsma wrote a visual book about some simple daily food dish combinations. The visual nature of the book combined with limited text phrases must be seen as a guideline for the related food dish preparations so the book allows one to fulfil food dish tasks easy without long thinking and it stimulates creativity so one can cook with fun while stating the amount of food items by oneself. The book has an easy to understand structure and accommodates several vegetables potato combination dishes and several rice or bami mix combination dishes and some variants of already stated food dishes. The book is written for people with an interest in simple dinner cooking combinations. The food dishes are not related to diet but are for individuals with an average health condition. Food is part of basic human needs and food preparation and food consuming is part of the process of human life (Fridsma, 2014).

Discussion:

Do you like the book's visual structure with limited text lines to stimulate you to think about dinner related food dishes and to stimulate creative thinking about the described food dishes and to invite to prepare a food dish yourself in order to experience its flavour and taste? (Motivate your answer). Are you interested in daily simple dinner dishes? (Motivate your answer). Do you think this book invites people actively to create one or more described dinner based food dishes? (Motivate your answer). Are you willing to prepare one of the displayed dinner related food dishes yourself? (Motivate your answer).

What do you think about dinner related simple food dish combinations in general and how do you think about dinner related simple food dish combinations related to health in general and your health in special? (Motivate your answer). Do you agree with Fridsma that food consumption accommodates life and that cooking is a creative process of food preparation and having fun to do so (under normal circumstances)? (Motivate your answer).

About author:



Herman Fridsma ND (born in 1964) is a university graduated doctor of naturopathy with years of practice and research experience. Fridsma is internationally focused on naturopathic research, practice and health studies. Fridsma completed his studies in naturopathy in the Netherlands and abroad and is also a Doctor of Theology, a Transpersonal Counsellor (PhD), a Master of Arts in TESOL and a Bachelor of Social Work. Fridsma is specialized in naturopathic psychotherapy.

Contact:

dr.herman.fridsma@gmail.com

Personal Notes:

Cooking book of some simple food dish combinations by Herman Fridsma ND 2014

Abstract:

This is a basic and simple cooking book developed by Herman Fridsma ND with photo illustrations and easy to read instructions related to matching cooking recipes.

This easy to use practical illustrated cooking book is based at daily basis cooking for daily food consumption of main meals.

This practical book is no more than a guideline for easy to cook daily meals.

Basic health recommendation:

It's important to eat and drink well balanced so one get enough energy and nutrition and won't dehydrate. Balanced food and drinks are just as important as well-balanced sleep and a regular balanced lifestyle.

Herman Fridsma ND

Notes: